



## MEDIA RELEASE

---

FOR IMMEDIATE RELEASE – April 15, 2013

For More Information Contact:  
Laura Antil - President  
Junior League of Fort Wayne  
president@jlfw.org  
260-417-1553

### Junior League and McMillen Center to Host a Healthy-Lifestyle Program

The Junior League of Fort Wayne and the McMillen Center for Health Education are co-sponsoring a healthy-lifestyle event for kids April 17, at Weisser Park Elementary school, during the YMCA's after-school program.

The Kids in the Kitchen program is an Association of Junior Leagues International initiative to help children make healthy lifestyle choices and aid in reversing the growth of childhood obesity and its associated health issues.

"This is the eighth year JLFW has hosted a Kids in the Kitchen event in the Fort Wayne area. We are excited to co-sponsor with the McMillen Center again this year. The two groups will provide a lot of great information to the kids and their parents," said President Laura Antil.

The children will learn about healthy eating and an active lifestyle by visiting various booths. The event finale will be a healthy dinner for the children and their parents where they can learn about the McMillen Center's Family Table initiative, which educates families about the benefits of eating together and gives them the resources they need to increase frequency and quality of family meals.

"The Junior League is one of the 37 partners we have involved with the Family Table project. This collaboration will give both agencies a fun and interactive way to reach children and families with a message of healthy eating and strengthening families through meal time," states McMillen Center CEO, Holli Seabury.

#### About the Junior League of Fort Wayne

*The Junior League of Fort Wayne (JLFW) has served the Fort Wayne community for more than 70 years, and is an organization of women committed to promoting voluntarism, developing the potential of women, and improving the community through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable. Our vision is to be the leading force in building a better future for women and children. Our office is located at 1010 Memorial Way, Suite 104 Fort Wayne, IN 46805. For more information about Junior League of Fort Wayne, visit JFLW's website at [www.jlfw.org](http://www.jlfw.org).*

#### About the McMillen Center for Health Education

*Since 1981, the McMillen Center for Health Education has provided fact-based health education to more than 1.6 million youth and adults. Its mission is to provide vital, effective and preventive health education that promotes physical, emotional, and social well-being. More information visit [www.mcmillencenter.org](http://www.mcmillencenter.org) and the Family Table project can be found online at [www.familytableonline.org](http://www.familytableonline.org).*

###